

# **Nutrition Expeditions**

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**Note to Teachers:** As with any “expedition”, you will want to explore and consider options before you begin your journey. You are encouraged to check out the lesson plans as your first “stop”. These lessons provide a variety of activities; teachers are encouraged to select those that they feel are best for their student’s abilities and current level of knowledge. You may also want to include “side trips’ of your own choosing to compliment this journey.

For each unit the handouts and activities are included; read the lesson plan first and then explore the supporting materials. Enjoy your Nutrition Expedition!!!